

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

Division of Environmental Health Services

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FOR IMMEDIATE RELEASE

National Recreational Water Illness Prevention Week

The week of May 18-24, 2009, (prior to Memorial Day) is designated National Recreational Water Illness Prevention Week. The goal of this yearly observance is to promote healthy recreational water experiences and raise awareness about healthy swimming behaviors. These behaviors promote safe practices that prevent recreational water illnesses (RWIs).

The CDC recommends the six “PLEAS” that promote a healthy swimming experience:

PLEASE do not swim when you have diarrhea. This is especially important for kids in diapers.

PLEASE do not swallow the pool water. Pool water is not drinking water.

PLEASE practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers.

PLEASE take your kids on bathroom breaks or check diapers often.

PLEASE change diapers in a bathroom and not at poolside.

PLEASE wash your child (especially the rear end) thoroughly with soap and water before swimming.

Please take the time to incorporate the above-mentioned behaviors and practices to make our recreational experiences fun and safe for all.

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MARK UFFER
County Administrative Officer

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